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Cooperative Extension

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## TEN FOODS – FORTY RECIPES

**What are you going to make for dinner?** If you are sick of buying things you don't need, staring blindly at the fridge wondering what you are going to make for dinner, here is your answer. Following are 10 versatile, quick-cooking ingredients from which we have created 40 different recipes—from soup to pasta to paella. The recipes are a snap to prepare. As long as you're stocked up on the basics, and have these 10 items in your arsenal, you'll always be able to pull together a satisfying meal, sure to impress.

### 10 Ingredients

Baby Spinach (washed, tough stems removed)  
Chicken Breasts (boneless, skinless, trimmed of fat)  
Eggs (large)  
Goat cheese (fresh, from a round log)  
Mushrooms (mixed, wild)  
Orzo  
Salmon (skinless, fillet)  
Scallions  
Shrimp (fresh or frozen, large, shelled and deveined)  
Whole-wheat tortillas (9-inch)

### Staples

Bread crumbs; butter; chicken broth (low-sodium, box or can); Dijon mustard; flour; garlic; herbs and spices (dried): chili powder, cilantro, curry powder, fennel seeds, ginger, oregano, red pepper flakes, rosemary, saffron and/or turmeric, sesame seeds, tarragon, thyme; lemons and limes; mayonnaise (reduced-fat); oils (extra-virgin olive and canola); olive oil cooking spray; raisins; salt and pepper; sour cream (low-fat); soy sauce; sugar; Tabasco sauce; tomatoes (diced, 14.5 ounce can); vinegars (red wine and distilled white); white beans (14.5 ounce can); wine (red and white).



## Asian Chicken Soup

1 (8-ounce) chicken breast  
2 ¼ cup chicken broth  
1 ½ Tbsp lime juice  
1 scallion

½ tsp ground ginger  
2 Tbsp soy sauce  
½ cup sliced wild mushrooms  
1 cup packed baby spinach leaves

In a medium saucepan, place chicken in broth and bring to a boil. Add lime juice, scallion, ginger, and soy sauce. Reduce heat and simmer until chicken is cooked through, about 6 to 8 minutes.

Remove chicken and add mushrooms; cook 5 minutes until mushrooms are soft. Meanwhile, shred chicken.

Return chicken to pot and add spinach. Stir and cook until spinach wilts, about 2 minutes.

Nutrition Info: 290 calories, 11g fat, 1980mg sodium  
Serves: 2  
Source: [womenshealthmag.com](http://womenshealthmag.com)

## Greek Egg-Lemon Soup

2 ½ cup chicken broth  
¼ cup orzo  
1 egg

1 ½ Tbsp lemon juice  
1 cup packed baby spinach leaves  
salt and pepper to taste

In a medium saucepan, bring broth to a boil. Add orzo. Lower heat and simmer until tender, about 8 minutes. Meanwhile, in a medium bowl, whisk together egg and lemon juice.

Remove pot from heat and, using a strainer, measure out ½ cup hot broth. Pour broth slowly into the egg-lemon mixture, whisking to keep eggs from scrambling. Pour egg mixture back into soup pot, whisking constantly.

Add spinach and return to burner over very low heat, stirring until spinach wilts, 1 to 2 minutes. Season with salt and pepper.

Nutrition Info: 190 calories, 5g fat, 1g fiber, 135mg sodium  
Serves: 2  
Source: [womenshealthmag.com](http://womenshealthmag.com)

## White Bean and Chicken Chili

1 Tbsp olive oil

2 scallions

1 clove garlic

$\frac{3}{4}$  tsp chili powder

$\frac{1}{2}$  tsp cumin

1 can white beans

$\frac{1}{2}$  can diced tomatoes

$\frac{3}{4}$  cup chicken broth

$\frac{3}{4}$  cup (about 4 oz) leftover chicken breast meat

Tabasco sauce to taste (optional)

In a medium saucepan, heat oil on medium high. Add scallions (saving some greens for garnish) and garlic and sauté until golden. Add chili powder and cumin. Sauté for 1 minute. Add white beans, tomatoes, and broth. Simmer for 15 minutes until liquid is slightly reduced. Stir in chicken and simmer for 5 minutes more.

Season with Tabasco and garnish with scallion greens. If desired, serve with **baked tortilla chips\*** and low-fat sour cream.

### Variation: Spicy Tortilla Soup

Reduce white beans to  $\frac{1}{2}$  cup and tomatoes to  $\frac{1}{3}$  cup (but be sure to use all of the juice in the can), and increase chicken broth to  $1\frac{1}{4}$  cups. Bring to a boil in a medium-size pot, then lower heat and let simmer. Meanwhile, cut one whole-wheat tortilla into  $\frac{1}{2}$  inch-wide strips about 3 inches long and bake on a cookie sheet at 350 degrees for 12 to 15 minutes or until crisp and slightly browned. Divide tortilla strips between two bowls and ladle soup over tortillas. Garnish with scallion greens and adjust seasoning with additional chili powder or Tabasco sauce to taste.

Nutrition Info: 430 calories, 14g fat, 12g fiber, 720mg sodium

Serves: 2

Source: [womenshealthmag.com](http://womenshealthmag.com)

## Wild Mushroom Soup

2 Tbsp butter

$\frac{1}{2}$  lb wild mushrooms

2 scallions

1 clove garlic

2 Tbsp flour

2 cup chicken broth

salt and pepper to taste

In a medium saucepan, melt butter over medium-high heat. Add mushrooms, scallions, and garlic; cook, stirring often, until mushrooms are brown and soften, 6 to 8 minutes.



Add flour and stir well. Cook about 2 to 3 minutes more. Pour in broth, stirring constantly. Season with salt and pepper and bring to a boil. Lower heat and simmer for 15 minutes, stirring frequently, until soup is thick and mushrooms are fully cooked. Transfer half of soup (at a time) to a blender (or use a hand blender in pot). Puree until smooth. Return puree to pot, stir thoroughly, and serve.

Nutrition Info: 210 calories, 13g fat, 2g fiber, 80mg sodium  
Serves: 2  
Source: womenshealthmag.com

## Chicken Orzo Salad

¼ cup orzo	salt and pepper to taste
4 oz cooked chicken	1 scallion
2 tsp olive oil	2 Tbsp goat cheese
1 tsp red wine vinegar	baby spinach leaves
¼ tsp oregano	

Bring a medium saucepan of salted water to a boil. Add orzo. Return to boil and cook until orzo is al dente, about 6 minutes. Drain orzo and rinse briefly under cool water.

Immediately toss orzo with chicken, oil, vinegar, oregano, and salt and pepper. Stir in scallions and goat cheese. If you like, serve on a bed of spinach leaves.

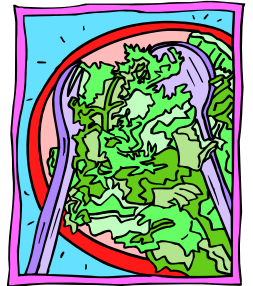
Nutrition Info: 310 calories, 14g fat, 1g fiber, 366mg sodium  
Serves: 2  
Source: womenshealthmag.com

## Curried Chicken Salad

2 Tbsp raisins	1 scallion
2 Tbsp reduced-fat mayonnaise	4 oz cooked chicken
1 tsp curry powder	salt and pepper to taste
2 tsp lemon juice	baby spinach leaves

In a small bowl, soak raisins in hot water for 10 minutes until plump. Drain and set aside. Whisk together mayonnaise, curry powder, and lemon juice until smooth. Stir in scallions, raisins, and chicken. Season with salt and pepper. Line two plates with spinach leaves and mound equal amounts of salad on each plate.

Nutrition Info: 210 calories, 8g fat, 2g fiber, 700mg sodium  
Serves: 2  
Source: womenshealthmag.com



## Salmon and Scallion Burrito

2 eggs plus 1 egg white  
½ cup leftover cooked salmon, flaked  
1 scallion

salt and pepper to taste  
dash of Tabasco sauce  
2 whole-wheat tortillas

In a medium bowl, beat eggs until slightly frothy. Gently stir in salmon, scallions, salt and pepper, and Tabasco.

Heat a nonstick skillet over medium-high heat. Coat lightly with cooking spray. Pour egg mixture into skillet and stir constantly until eggs cook through, about 2 minutes.

Spoon half of egg mixture onto each tortilla and roll up burrito-style.

Nutrition Info: 310 calories, 12g fat, 2g fiber, 295mg sodium

Serves: 2

Source: [womenshealthmag.com](http://womenshealthmag.com)

## Shrimp and White Bean Salad

2 Tbsp olive oil  
2 cloves garlic, minced  
½ tsp rosemary, crushed  
6 oz shrimp

¼ cup chicken broth  
1 can white beans, rinsed and drained  
2 tsp lemon juice  
1 scallion, thinly sliced

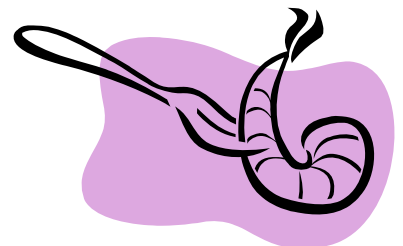
In a medium skillet, heat oil over medium-high heat. Add garlic and rosemary and cook until fragrant, about 1 minute. Add shrimp and stir-fry until pink and opaque. Add broth, cover, and lower heat. Simmer until shrimp are cooked through, about 4 minutes more.

Remove shrimp with a slotted spoon, careful to let oil drain back into skillet. In a large bowl, toss with white beans and lemon juice until well mixed. Store in refrigerator until cool. Once cooled, stir in scallions and serve.

Nutrition Info: 442 calories, 15g fat, 10g fiber, 284mg sodium

Serves: 2

Source: [womenshealthmag.com](http://womenshealthmag.com)



## Spinach Salad with Egg and Salmon

1 tsp red wine vinegar  
½ tsp Dijon mustard  
1 Tbsp olive oil  
3 cup packed baby spinach leaves

salt and pepper to taste  
¾ cup leftover cooked salmon  
1 egg (hard-boiled)

In a medium bowl, stir together vinegar and mustard. Slowly whisk in oil. Toss in spinach, coating evenly with the vinegar mixture. Season to taste with salt and pepper.

Divide spinach between two plates and arrange salmon on top. Finely chop egg and sprinkle over salads.

Nutrition Info: 230 calories, 15g fat, 117mg sodium  
Serves: 2  
Source: [womenshealthmag.com](http://womenshealthmag.com)

## Warm Goat Cheese Salad

2 oz goat cheese  
1 egg white  
3 Tbsp bread crumbs  
4 tsp olive oil

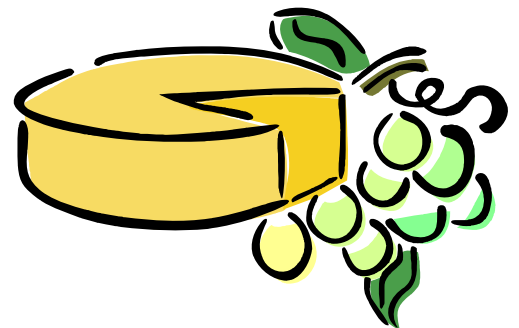
4 cup packed baby spinach leaves  
1 tsp red wine vinegar  
salt and pepper to taste

Slice goat cheese into four equal rounds. In a small bowl, beat egg whites with a fork until frothy. Spread bread crumbs on a small plate. Dip goat cheese rounds in egg white. Dredge in bread crumbs until rounds are thoroughly coated.

Heat 2 tsp oil in a small skillet. Cook goat cheese rounds, turning once, until golden brown on each side.

Meanwhile, toss spinach with remaining oil, vinegar, and salt and pepper. Divide spinach salad onto two plates and top each with two goat cheese rounds. Best if served immediately.

Nutrition Info: 260 calories, 19g fat, 2g fiber, 320mg sodium  
Serves: 2  
Source: [womenshealthmag.com](http://womenshealthmag.com)



## Wild Mushroom Quesadilla

4 whole-wheat tortillas  
4 Tbsp goat cheese

1 cup **sautéed mushrooms\***  
red pepper flakes to taste  
(Tabasco sauce can also be used)

Preheat oven to 400 degrees. Place two tortillas on a nonstick baking sheet. Sprinkle each with 1 Tbsp cheese, spreading cheese evenly.

Spread mushroom mixture evenly over cheese. Top with remaining cheese and red pepper or Tabasco. Cover each tortilla and filling with a second tortilla.

Bake for 10 to 12 minutes until cheese is melted throughout and tortilla edges are crisp. Cut into four to eight wedges and serve with salsa and low-fat sour cream.

Nutrition Info: 455 calories, 19g fat, 5g fiber, 490mg sodium  
Serves: 2  
Source: [womenshealthmag.com](http://womenshealthmag.com)

## Sautéed Wild Mushrooms

½ Tbsp olive oil  
2 scallions, chopped

1 clove garlic, minced  
4 oz wild mushrooms, sliced

In a medium skillet, heat oil over medium-high heat. Add scallions, garlic and mushrooms and cook, stirring frequently, until mushrooms soften and begin to brown, about 6 to 8 minutes.

Nutrition Info: 51 calories, 4g fat, 1g fiber, 5mg sodium  
Serves: 2  
Source: [womenshealthmag.com](http://womenshealthmag.com)

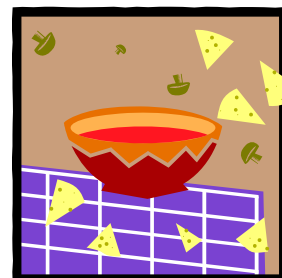
## Baked Tortilla Chips

3 whole-wheat tortillas

salt to taste (optional)

Preheat oven to 350 degrees. Stack tortillas and cut into eight wedges. Spread wedges so they're not touching on a baking sheet lightly coated with cooking spray. Spray again and sprinkle with salt.

Bake for 12 to 15 minutes until tortillas are crisp.  
Nutrition Info: 210 calories, 5g fat, 3g fiber, 260mg sodium  
Serves: 2  
Source: [womenshealthmag.com](http://womenshealthmag.com)



## Bean Dip with Spinach

8 cup packed baby spinach leaves  
1 can white beans  
2 Tbsp olive oil

2 tsp lemon juice  
1 Tbsp water  
salt and pepper to taste

Rinse spinach and place (still wet) in a large pot. Cover and cook over medium-low heat, stirring once, until spinach wilts, about 4 minutes. Drain spinach in colander and let cool slightly. Wrap in paper towels and squeeze out as much liquid as possible.

In the bowl of a food processor, combine white beans, oil, lemon juice, water and half the spinach. Puree until smooth. Season with salt and pepper. Coarsely chop remaining spinach. Stir into dip.

Nutrition Info: 200 calories, 7g fat, 7g fiber, 120mg sodium

Serves: 4

Source: womenshealthmag.com



## Braised Scallions with Lemon

1 bunch (about 6) scallions  
1 Tbsp butter  
½ cup chicken broth

salt and pepper to taste  
1 tsp lemon juice

Trim roots from scallions. Remove bruised outer leaves and trim tops, leaving about 3 inches of dark greens.

In a wide skillet, heat butter until foaming. Add scallions and sauté, turning once, until slightly golden.

Add broth and season with salt and pepper. Cover, lower heat, and cook until scallions are just tender, about 3 minutes. Drizzle with lemon juice before serving.

Nutrition Info: 70 calories, 6g fat, 25mg sodium

Serves: 2

Source: womenshealthmag.com



## Scallion Pancakes with Dipping Sauce

1 cup flour  
1 egg  
¾ cup water  
1 bunch (about 6) scallions  
1 clove garlic  
1 tsp salt (optional)  
2 tsp canola oil

**Dipping Sauce:**  
2 tsp sesame seeds  
2 Tbsp distilled white vinegar  
2 tsp soy sauce  
1 tsp sugar  
1 tsp red pepper flakes

Toast sesame seeds.

Whisk together flour, egg, and water until smooth. Stir in scallions, garlic and salt.

In another bowl, combine seeds with all ingredients for dipping sauce and set aside.

In a skillet, heat 1 tsp oil over medium-high heat. Ladle ¾ cup batter into skillet and smooth it out into a thin pancake. Cook until golden brown on one side, about 3 minutes. Flip pancake and cook until golden brown on second side, 2 to 3 minutes. Repeat with remaining oil and batter.

Nutrition Info: 375 calories, 11g fat, 3g fiber, 1540mg sodium

Servings: 8 small or 2 large pancakes

Source: [womenshealthmag.com](http://womenshealthmag.com)

## Toasted Orzo Pilaf

1 tsp olive oil  
½ cup orzo  
1 scallion

1 clove garlic  
1 cup chicken broth  
salt and pepper to taste

In a large skillet, heat oil on medium high. Add orzo, scallions and garlic. Cook, stirring occasionally, until orzo is golden brown, about 4 minutes.

Add broth and salt and pepper. Cover, lower heat, and simmer until broth is absorbed and orzo is tender, about 15 minutes.

Nutrition Info: 260 calories, 4g fat, 2g fiber, 40mg sodium

Serves: 2

Source: [womenshealthmag.com](http://womenshealthmag.com)

## Wilted Garlic Spinach

2 tsp olive oil  
1 clove garlic

6 cup packed baby spinach leaves  
salt and pepper to taste

In a large skillet, heat oil over medium-high heat. Sauté garlic until golden. Add spinach and stir constantly until spinach is wilted, about 1 minute. Season with salt and pepper.

### Variation: Wilted Asian Spinach

Substitute canola for olive oil. Before adding spinach to skillet, sauté two cloves minced garlic and 1 Tbsp minced fresh ginger until golden and fragrant.

### Variation: Wilted Spinach with Mushrooms

Omit garlic. Sauté ½ lb chopped mixed wild mushrooms in olive oil until brown and fragrant, about 6 to 8 minutes. Add spinach, stir and cover for 2 to 3 minutes until spinach wilts.

Nutrition Info: 65 calories, 5g fat, 2g fiber, 55mg sodium  
Serves: 2  
Source: [womenshealthmag.com](http://womenshealthmag.com)

## Eggs Poached in Spicy Tomato Sauce

1 can diced tomatoes  
¼ tsp red pepper flakes  
½ tsp salt (optional)

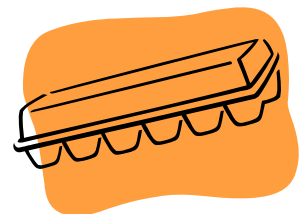
1 tsp olive oil  
1 large clove garlic, minced  
2 eggs

Place tomatoes and their juice in a blender or food processor, and pulse to the consistency of chunky sauce. Add red pepper and salt and pulse to blend.

In a skillet, heat olive oil over medium heat. Add garlic and cook until fragrant and golden. Add tomato sauce, raise heat to medium high, and bring to a vigorous simmer. Cook 5 minutes, adjust seasoning to taste with additional salt or red pepper flakes, and reduce heat to medium low.

Crack one egg into a saucer. Using a spoon, make a small well in tomato sauce on one side of pan and gently slide the egg from the saucer into well. Repeat with the remaining egg. Cover pan and cook until egg whites are fully cooked, but yolks are still runny, about 5 minutes (or 8 minutes if you prefer your yolks fully cooked). Serve each egg with a generous spoonful of tomato sauce.

Nutrition Info: 165 calories, 7g fat, 3g fiber, 960mg sodium  
Serves: 2  
Source: [womenshealthmag.com](http://womenshealthmag.com)



## Goat Cheese and Spinach Stuffed Chicken

½ cup **wilted garlic spinach\***  
2 oz goat cheese  
salt and pepper to taste

2 chicken breasts  
½ cup chicken broth

### \* **Wilted Garlic Spinach** (recipe on earlier page)

Preheat oven to 350 degrees. Wrap spinach in paper towels and squeeze out liquid. Chop finely. Mix with goat cheese; season with salt and pepper.

Place chicken breasts between two sheets of wax paper and pound into thin cutlets. Place half the spinach mixture at wide end of one breast, fold in sides, and roll up, securing with a toothpick. Repeat with second breast.

Place chicken rolls in a baking dish, add broth, and cover with foil. Bake for 30 minutes until chicken is cooked through.

Nutrition Info: 210 calories, 15g fat, 2g fiber, 310mg sodium  
Serves: 2  
Source: [womenshealthmag.com](http://womenshealthmag.com)



## Greek Shrimp

1 Tbsp olive oil  
½ lb shrimp  
2 scallions  
1 clove garlic  
1 can diced tomatoes

½ cup white wine  
1 tsp oregano  
salt and pepper to taste  
1 oz goat cheese

In a large skillet, heat ½ Tbsp oil over medium-high heat. Add shrimp. Sauté until just opaque. Remove to a plate.

Add remaining ½ Tbsp oil to pan. Add scallions and garlic and sauté until golden. Add tomatoes, wine, oregano, and salt and pepper. Bring to a boil; reduce heat, and simmer, stirring occasionally, until reduced to a sauce-like consistency, about 7 minutes.

Return shrimp to pan and cook until heated, about 1 minute. Sprinkle with goat cheese and cook until melted. Serve over **toasted orzo pilaf\***

Nutrition Info: 310 calories, 11g fat, 4g fiber, 685mg sodium  
Serves: 2  
Source: [womenshealthmag.com](http://womenshealthmag.com)

## Mediterranean Salmon Baked in Foil

1 Tbsp red wine vinegar  
1 tsp fennel seeds  
½ tsp oregano  
1 clove garlic  
½ tsp salt (optional)

pepper to taste  
1 Tbsp olive oil  
½ cup canned diced tomatoes  
2 4-oz salmon fillets  
2/3 cup packed baby spinach leaves

In a bowl, combine vinegar, fennel, oregano, garlic, salt, pepper, and 2 Tbsp juice from tomatoes. Slowly whisk in oil. Place salmon in a zip-top bag, pour in marinade, seal. Chill for 30 minutes, turning to coat salmon.

Preheat oven to 450 degrees. Place salmon on a large square of aluminum foil and arrange half the spinach on top of salmon. Drizzle with 1 Tbsp marinade. Top with remaining spinach and diced tomatoes. Fold foil and crimp edges into a rectangular packet. Repeat with other fillet.

Place packets on baking sheet and bake for 20 minutes until salmon is cooked through. Serve with **toasted orzo pilaf\***.

### Variation: Asian Salmon in Foil

Make marinade with 1 Tbsp soy sauce, 1 Tbsp lime juice, 1 Tbsp canola oil, 1 tsp ground ginger, 2 tsp toasted sesame seeds, and a pinch of sugar. Omit spinach and tomatoes. Top each salmon fillet with one scallion thinly sliced and two mushrooms sliced. Bake as directed and serve with **wilted Asian spinach\*** or **scallion pancakes\***

### Variation: Mushroom Dijon Salmon in Foil

Make marinade with 1 Tbsp olive oil, 2 tsp red wine vinegar, 2 tsp Dijon mustard, ½ tsp tarragon and ¼ tsp salt (optional). Omit spinach and tomatoes. Top each fillet with three sliced mushrooms.

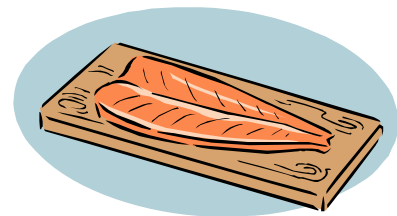
### Variation: South-of-the Border Salmon in Foil

Make marinade with 1 Tbsp olive oil, 1 Tbsp juice from canned tomatoes, 1 Tbsp lime juice, a few dashes of Tabasco, ½ tsp cilantro and ¼ tsp salt (optional). Top each salmon fillet with ¼ cup drained diced tomatoes and 1 Tbsp thinly sliced scallion greens. Omit spinach.

Nutrition Info: 250 calories, 14g fat, 2g fiber, 665mg sodium

Serves: 2

Source: [womenshealthmag.com](http://womenshealthmag.com)



## Orzo "Paella"

4 tsp olive oil	½ tsp paprika
8 oz chicken breasts	¼ tsp turmeric (for color)
8 oz large shrimp	2 cup orzo
4 scallions	2 cans chicken broth
2 cloves garlic	1 can diced tomatoes, drained
¼ tsp saffron threads	

In a skillet, heat 1 tsp oil over medium-high heat. Add chicken and sauté until golden brown on all sides, about 4 minutes. Remove to a plate. Add 1 tsp oil to skillet and sauté shrimp, turning once, until opaque, about 2 minutes. Remove to a plate.

Add remaining oil to skillet and sauté scallion whites and garlic until soft. Add saffron, paprika, turmeric, and orzo. Toast until orzo is golden, about 2 to 3 minutes. Add broth and bring to a boil. Reduce heat; simmer, partially covered, until orzo is al dente, about 8 minutes.

Return chicken and shrimp to skillet, add tomatoes, and cook until liquid is absorbed and chicken is cooked through, about 2 minutes. Top with scallions and serve.

Nutrition Info: 680 calories, 12g fat, 6g fiber, 1160mg sodium  
Serves: 4  
Source: [womenshealthmag.com](http://womenshealthmag.com)

## Orzo with Spinach, Chicken, and Cheese

1 tsp olive oil	½ cup orzo
2 scallions	6 oz chicken breasts
1 can chicken broth	2 cup packed baby spinach leaves
¼ tsp oregano	2 oz soft goat cheese

In a skillet, heat oil over medium-high heat. Sauté scallions until softened. Add broth and oregano and bring to a boil.

Add orzo and reduce heat. Cover. Simmer for 6 minutes, stirring. Add chicken. Cook 6 minutes until orzo and chicken are fully cooked. Stir in spinach and heat until just wilted. Crumble goat cheese over top and serve.

Nutrition Info: 540 calories, 20g fat, 3g fiber, 670mg sodium  
Serves: 2  
Source: [womenshealthmag.com](http://womenshealthmag.com)

## Salmon Cakes

8 oz (about 1 cup) cooked salmon  
1 egg white  
1 tsp Dijon mustard  
2 Tbsp bread crumbs  
1 Tbsp flour

2 tsp lemon juice  
1 scallion  
salt and pepper to taste  
2 Tbsp reduced-fat mayonnaise

In a bowl, combine salmon, egg white, mustard, bread crumbs, flour, 1 tsp lemon juice and all but 1 tsp scallions. Season with salt and pepper.

Heat a skillet over medium-high heat. Shape salmon mixture into two patties. Coat skillet lightly with cooking spray. Cook patties, turning once, 3 minutes per side or until golden brown and cooked through. Stir mayonnaise, remaining lemon juice and scallions together. Spoon sauce over cakes.

Nutrition Info: 240 calories, 10g fat, 290mg sodium  
Serves: 2  
Source: [womenshealthmag.com](http://womenshealthmag.com)

## Sesame-Crusted Shrimp

1 Tbsp canola oil  
1 clove garlic  
1 Tbsp lime juice

1 Tbsp soy sauce  
8 oz shrimp  
4 Tbsp sesame seeds

Whisk together first four ingredients. Toss with shrimp and let marinate for several hours.

Pour sesame seeds onto a plate. Heat nonstick skillet over medium-high heat and brush with oil. Sauté shrimp until opaque and cooked through, about 3 to 4 minutes.

Immediately roll shrimp in sesame seeds, coating both sides. Serve on a bed of **wilted Asian spinach\***.

Nutrition Info: 285 calories, 17g fat, 3g fiber, 680mg sodium  
Serves: 2  
Source: [womenshealthmag.com](http://womenshealthmag.com)



## Sesame-Soy Chicken

2 Tbsp lime juice	2 scallions
2 Tbsp soy sauce	1 clove garlic
1 tsp sugar	2 4-oz chicken breast halves
½ tsp ground ginger	2 tsp canola oil
2 tsp sesame seeds	½ cup water

In a small bowl, stir together first seven ingredients. Pour into a large zip-top plastic bag, add chicken breasts, and shake to coat. Marinate in refrigerator for at least 30 minutes or up to 4 hours. Remove chicken from bag, and pat dry. Reserve excess marinade.

In a skillet, heat oil over medium-high heat. Sauté chicken until golden brown on one side. Turn chicken, pour in marinade and water. Cover pan, lower heat, and simmer until chicken is cooked through, about 10 to 12 minutes. Plate chicken and spoon sauce over it. Garnish with scallion greens. Serve with **scallion pancakes\*** if desired.

Nutrition Info: 315 calories, 16g fat, 2g fiber, 1590mg sodium

Serves: 2

Source: [womenshealthmag.com](http://womenshealthmag.com)

## Simple Sautéed Chicken

¼ cup flour	2 4-oz chicken breasts
salt and pepper to taste	2 tsp olive oil

Preheat oven to 375 degrees. In a bowl, put flour, salt and pepper to taste. Dredge chicken breasts in flour and pat, leaving a light coating. In a skillet, heat oil over medium-high heat. Add chicken. Sauté, turning once, until golden, about 2 to 3 minutes per side. Transfer to a baking sheet. Roast until chicken is cooked through, 7 to 10 minutes.

### Variation: Chicken Cacciatore

After sautéing chicken, set aside on a plate. Add 2 cups chopped wild mushrooms, three chopped scallions (white and light green parts only), and one clove garlic to hot skillet. Cook until mushrooms begin to brown, about 10 minutes. Add ¼ cup red wine, one can diced tomatoes (with their liquid), ¼ cup chicken broth, and ½ tsp oregano. Return chicken breasts to skillet and bring to a simmer. Cook until sauce is slightly reduced and chicken is cooked through, about 10 minutes. Remove garlic clove before serving.

### Variation: Mushroom-Tarragon Chicken

After sautéing chicken and transferring to oven, add 1 cup chopped wild mushrooms, two chopped scallions (white and light green parts only), and one clove minced garlic to a hot skillet. Cook until mushrooms brown, about 10 minutes (when chicken is done, remove from oven to a plate. Let it sit while finishing the sauce). Add ¼ cup white wine, ¾ cup chicken broth, and ½ tsp tarragon to skillet. Simmer until liquid is slightly thickened, about 4 to 8 minutes. Season with salt and pepper to taste. Remove from heat and stir in 2 tsp low-fat sour cream. Spoon sauce over chicken and serve.

### Variation: Spicy Tortilla-Crusted Chicken

Place 12 **baked tortilla chips**\* in a plastic zip-top bag and press out air. Crush chips through the bag with a can or a rolling pin. Place crumbs on a plate and mix with ¾ tsp chili powder. In another bowl, beat an egg white until frothy. After dredging chicken in flour, dip in egg whites, then roll in crushed tortillas, pressing to adhere. Let coated chicken sit for 20 minutes, then sauté until golden, about 2 to 3 minutes per side. Transfer to a baking sheet and finish in oven as directed above.

Nutrition Info: 320 calories, 14g fat, 1735mg sodium

Serves: 2

Source: womenshealthmag.com

## Simple Seared Salmon

2 4-oz salmon fillets

salt and pepper to taste

Preheat oven to 375 degrees. Place a nonstick baking sheet in oven. Season salmon fillets with salt and pepper and heat a skillet over high heat. When skillet is hot, but not smoking, coat lightly with cooking spray and place salmon in pan. Cook for 3 minutes without disturbing.

When salmon has developed a brown crust, flip and brown other side, about 3 minutes.

Transfer salmon to hot baking sheet in oven and roast for another 7 to 10 minutes, depending on thickness, until salmon is cooked through.

Nutrition Info: 160 calories, 7g fat, 50mg sodium

Serves: 2

Source: womenshealthmag.com



## Spicy Curried Shrimp

8 oz jumbo shrimp  
1 tsp curry powder  
½ tsp ground ginger  
½ tsp red pepper flakes

1 tsp canola oil  
2 scallions  
1 clove garlic  
¼ cup chicken broth

In a bowl, toss shrimp with curry powder, ginger and red pepper. Heat oil in a wok or wide skillet. Add scallions and garlic and sauté until fragrant and golden, about 2 minutes.

Add shrimp. Cook until just opaque. Add broth; simmer until hot. Serve with **toasted orzo pilaf\***.

Nutrition Info: 150 calories, 5g fat, 220mg sodium  
Serves: 2  
Source: womenshealthmag.com

## Spinach Orzotto

1 Tbsp olive oil  
2 scallions  
1 clove garlic  
½ cup orzo

1/3 cup white wine  
1 ½ cup chicken broth  
2 cup packed baby spinach leaves

In a casserole, heat oil over medium heat. Add scallions, garlic and orzo and sauté until orzo turns gold and scallions soften, about 3 minutes.

Add wine and stir until nearly evaporated. Add broth, ½ cup at a time, until it's absorbed and orzo is tender.

Lower heat, stir in spinach, and cook until wilted.

Nutrition Info: 340 calories, 9g fat, 3g fiber, 320mg sodium  
Serves: 2  
Source: womenshealthmag.com



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